

Rideout Health Community Health Benefit Plan Annual Report

FY 2017-2018



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Beautiful Yuba and Sutter County Photos Courtesy of
Michelle Zearfoss - MZ Photography

Rideout Health Overview



COMMUNITY BENEFITS PLAN AND ASSESSMENT UPDATE

Rideout Health is pleased to submit its annual community benefits report to the California Office of Statewide Health Planning and Development (OSHPD). The report includes activity conducted during the 2017-18 (through March 2017) fiscal year.

Rideout Health has been in operation since 1983, when Fremont Medical Center in Yuba City and Rideout Memorial Hospital (established in 1907) in Marysville merged to form a private, not-for-profit health system. Rideout Health's Board of Directors have defined a vision to provide high quality, comprehensive health care to all residents of the Yuba-Sutter community and our surrounding region, regardless of the ability to pay, while persistently working toward improvements to, and expansion of, health services and programs. In August 2012 Fremont-Rideout Health Group changed its brand name to Rideout Health, however, the legal name remains Fremont-Rideout Health Group.

MISSION STATEMENT

To improve the wellbeing of everyone in our community through quality and compassionate health care

Vision Statement

Creating a healthier community

SPIRIT VALUES

STEWARDSHIP

Using all resources effectively in order to preserve and advance our mission

PATIENT-CENTERED

Deliver safe, high quality care to every patient, every time

INNOVATION

Continuous adoption of new ideas and better ways to deliver care and achieve operational excellence

RELIABILITY

Meeting and sustaining behaviors and expectations under each value

INTEGRITY/RESPECT

Adherence to a set of moral and ethical principles

TEAMWORK

A cooperative effort by the members of a group to achieve safe patient care

UPDATE

On May 4, 2017 – After careful consideration and review of several potential partners, Rideout's governing board voted to pursue an affiliation partnership with Adventist Health. After review of several potential partners, Adventist Health was selected. Its mission, its commitment to patients, and its approach to providing care all synced with Rideout's mission, vision and values. As affiliated partners, Rideout can draw upon Adventist Health's vast network and resources to help us deliver better care. Both organizations undertook a period of due diligence and legal review, with the intended desire of culminating into a formal affiliation agreement.

On March 20, 2018, The California Office of the Attorney General approved the transition of Rideout Health's assets to Adventist Health, including the 219-bed Rideout Regional Medical Center, an acute care hospital; the Rideout Cancer Center, which is affiliated with the University of California, Davis; outpatient clinics and a host of ancillary services including senior living services located throughout the Yuba-Sutter County. The deal officially closed on April 1, 2018.

Rideout Health is now doing business as: Adventist Health and Rideout as approved by the Attorney General.

I Our Communities



Rideout Health serves the Sacramento Valley and Sierra Nevada foothill region comprised of Yuba and Sutter counties, with a combined population of 171,533, according to a 2016 California Department of Finance estimate. Yuba and Sutter counties' population growth has outpaced the growth rate in California over the past two decades, and is projected to continue. Of the total population of the two counties, 26.7 percent are children (under the age of 18), and 13.8 percent are seniors (65 or older). The senior population is expected to more than double from 2010 to 2035.

This region of abundant natural resources grapples with several socioeconomic challenges, including a poverty rate 34 percent higher than all of California, which can create significant community health challenges. According to the U.S. Census Bureau, incomes in both counties are below the statewide average, and the poverty rate is higher than the statewide average. Median per capita income for Yuba County was just \$20,471 in 2017, 32 percent below the statewide average of \$30,318. Sutter County was at \$23,689, 22 percentage points behind the rest of the state. The combined poverty rate of the two counties is 19.2 percent, compared to all of California at 14.3 percent.

According to the United States Bureau of Labor Statistics, in the 20 years from 1990 to 2010, the unemployment rate for the Yuba-Sutter region was at a high of 19.5 percent in 2010 and a low of 8.8 percent in 2000. While the region's economy has improved, the annual average unemployment rate in 2016 was 9.2 percent, compared to 5.4 percent statewide, according to the California Employment Development Department.

According to the University of Wisconsin and Robert J. Wood Foundation County Health Rankings, Yuba County ranked 44th worst out of 58 counties in California for overall health and Sutter County ranked 30th in 2016. According to the California Department of Public Health, Yuba County has the third highest rate of death from all causes in California, and Sutter County has the 22nd highest mortality rate. Yuba County has the third highest, and Sutter County the sixth highest, rate of death due to coronary disease.

The percentage of Yuba County residents with a disability is twice the statewide average. Yuba County has a disability rate of 14.5 percent in people under the age of 65, and Sutter County has a disability rate of 9.3 percent. The statewide average is 6.8 percent.

More Yuba and Sutter County residents now have health insurance due to the Affordable Care Act. Prior to the ACT, the percentage of residents without health insurance was higher in Yuba and Sutter counties than the national average, according to the U.S. Census Bureau's Small Area Health Insurance Estimates. According to the Census Bureau, 21.5 percent of Sutter County residents and 19.1 percent of Yuba County residents were without health insurance for all 12 months of 2009, compared to the California uninsured rate of 20.1 percent, and the national uninsured rate of 16.3 percent. An estimated 10,000 additional individuals in Yuba and Sutter counties became Medi-Cal Certified Eligible in 2014 with the implementation of the ACT, and the percentage of individuals without health insurance has dropped to 14 percent in each county. Many still struggle to find Medi-Cal providers, however.

Rideout Health provides community benefits to the communities we serve – demonstrating our commitment to the health of residents in our service area. We provide programs and activities that provide treatment or promote health and healing as a response to identified community needs in such a way as to improve residents' access to health care services, enhance the health of the community, and advance medical or health knowledge. Rideout Health's community benefit includes education, charity care, subsidized health services, community health improvement activities and more. Rideout Health creates access to health care in our region for individuals and families who struggle against poverty, disability and isolation.

II Facilities Overview



Rideout Memorial Hospital

In 2016, the Rideout Regional Medical Center, a 221-licensed-bed, acute-care facility, which includes a Level III Emergency Department, Trauma Center and STEMI-Receiving Center, opened an attached 220,000 square foot world-class healthcare complex, designed to serve our patients for generations to come. It features the latest in advanced lifesaving technology and was built to provide patients with the best in clinical care, convenience and comfort to support our quest to improve the well-being of everyone in our community, regardless of their circumstances or ability to pay.

- Rideout Emergency Department, located inside Rideout Regional Medical Center, is the only emergency room between Southern Butte County and Sacramento. It is a Level III Trauma Center and STEMI-Receiving Center.
- The Fountains Skilled Nursing & Rehab Center, a 145-bed skilled nursing facility, which includes a 24-bed Rehabilitation unit
- The Courtyard Assisted Living, a 54-unit residence for seniors
- The Gardens, a 25 private and 11 semi-private bed facility staffed with skilled and professional caregivers for Dementia and Alzheimer's patients. The Gardens also offers an adult day care support center including six additional deluxe units
- Rideout Cancer Center, a partnership between Rideout Health and UCD Health System, is a 42,000 Sq. Ft. outpatient cancer treatment center
- Rideout Surgery Center, a free-standing outpatient surgery center

Rideout Clinics

Rideout Clinic, established in 2012, is a nonprofit network of primary and specialty care clinics managed and staffed by Rideout Health. These clinics are led by the physicians and surgeons of Rideout Medical Associates, with whom we contract. The Physicians are Board-certified in their respective areas of expertise, e.g. orthopedics, E.N.T, cardiology, cardiac surgery, women's health, urology, general and bariatric surgery, neurology, etc. The clinic structure attracts some of the brightest and best practitioners in Northern California and beyond, furthering our mission of providing the very best in healthcare to the residents of our community, right here in our region.

Rideout Clinics Include (2017-2018):

- Rideout General Cardiology Clinic serves patients in Yuba City, Marysville and the surrounding region
- Rideout Interventional Cardiology Clinics serves patients in Yuba City, Marysville and the surrounding region
- Rideout Cardiothoracic Clinic serves patients in Yuba City, Marysville and the surrounding region
- Rideout Ear, Nose & Throat Clinic serves patients in Yuba City, Marysville, and the surrounding region
- Rideout General Surgery serves patients in Yuba City, Marysville and the surrounding region
- Rideout Orthopedics Clinic serves patients in Yuba City, Marysville and the surrounding region
- Rideout Urology Clinic serves patients in Yuba City, Marysville and the surrounding region
- Rideout Vascular Clinic serves patients in Yuba City, Marysville, and the surrounding region
- Rideout Women's Health serves patients in Yuba City, Marysville and the surrounding region
- Rideout Occupational Health and Drug Testing serves patients in Yuba City, Marysville, and the surrounding region
- Rideout Oncology Clinic serves patients in Yuba City, Marysville and the surrounding region
- Rideout Primary Care Clinic UCD serves patients in Yuba City, Marysville and the surrounding region
- Rideout Primary Care Clinic Town Center serves patients in Yuba City, Marysville and the surrounding region
- Rideout Family Physicians serves patients in Yuba City, Marysville and the surrounding region

III Community Benefits



Charity Care and Unreimbursed Care

In FY2017-2018 Rideout Health contributed the following:

Charity Care

Rideout Health provided \$2,157,296 in charity care to patients at Fremont Medical Center and Rideout Memorial Hospital

Medi-Cal Program

Rideout Health provided \$42,823,193 in unreimbursed hospital care to patients at Fremont Medical Center and Rideout Memorial Hospital

Medicare Payment Shortfalls

The total of government program costs provided were \$39,301,858

Community Benefits

Rideout Health provided \$115,419 in community benefits and services.

IV Assessing Community Need



Improving community health involves much more than simply providing health care services to the under-served populations, it requires commitment to, and community involvement with the community at all levels. As a not-for-profit healthcare organization with a mission to help others, regardless of ability to pay, Rideout Health cares about people while we care for people.

Creation of the Community Health Benefits Plan

Rideout Health has a long history of providing substantial benefits to those we serve. Our aspiration is to provide extraordinary care to our patients and to continue to promote health and healing for those who depend on us.

The Community Outreach and Sponsorship Committee includes members of the administration and staff. It is charged with assessing the needs of the community and developing a plan of action to prioritize and meet those needs. The committee gathers information and facts from a variety of sources from within Rideout Health and through community members, government and community agencies to develop the overall plan.

Community Health Benefits Plan

Both state and federal law require that nonprofit hospitals conduct a community health needs assessment (CHNA) every three years to identify and prioritize the significant health needs of the communities they serve. The CHNA was conducted over a period of ten months beginning in July 2015, and concluded in May 2016. The results of the CHNA guide the development of implementation plans aimed at addressing identified health needs.

Federal regulations define a health need accordingly: "...health needs include requisites for the improvement or maintenance of health status in both the community at large and in particular parts of the community (such as particular neighborhoods or populations experiencing health disparities)".

Rideout Health (RH) and Sutter Surgical Hospital – North Valley (SSHNV), two hospitals serving portions of both Sutter and Yuba counties in northern California share the same service area and jointly conducted the assessment. Rideout Health is located in Marysville, California and is a part of the Rideout Health System. SSHNV is located in Yuba City, California, and is owned in partnership with physician owners and Sutter Medical Foundation.

Many dedicated community health experts and members of various social service organizations serving the most vulnerable members of the community gave their time and expertise as key informants to help guide and inform the findings of the assessment. Many community residents also participated and volunteered their time and told us what it was like to live in the community with limited or no access to healthcare and the basic resources needed to live a healthy life.

V Significant Health Needs



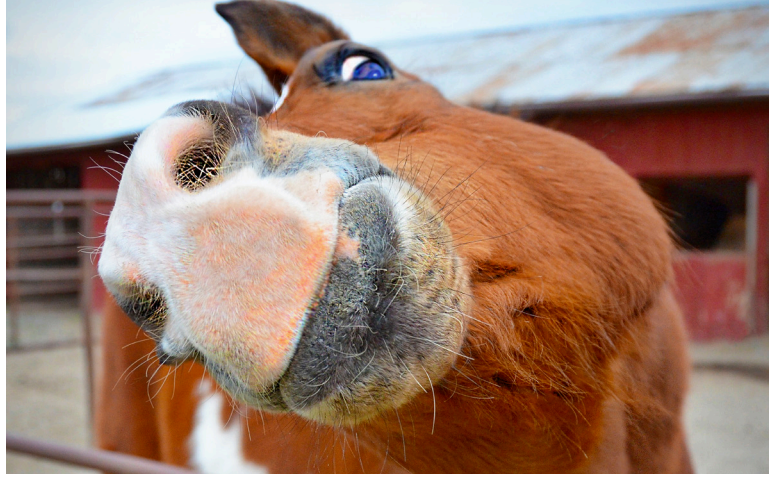
Analysis of both primary and secondary data revealed four communities that met the criteria for classification as a Community of Concern, these included Linda (population 32,569); Live Oak (population 10,575); Olivehurst (population 26,753); Yuba City (population 41,309)

Health Needs for the Communities of Concern:

The identified significant health needs for the Communities of Concern are listed below in prioritized order:

- 1. Access to Quality Primary Care Health Services and Prescription Drugs** The highest priority significant health need for the Communities of Concern was access to quality primary care health services and prescription drugs. Primary care resources include community clinics, pediatricians, family practice physicians, internists, nurse practitioners, pharmacists, telephone advice nurses, and similar. Primary care services are typically the first point of contact when an individual seeks healthcare. These services are the front line in the prevention and treatment of common diseases and injuries in a community.
- 2. Access to Affordable, Healthy Food** The second highest priority significant health need was access to affordable, healthy foods. Eating a healthy diet is important for one's overall health and well-being. When access to healthy foods is challenging for community residents, many turn to unhealthy foods that are convenient, affordable, and readily available. Communities experiencing social vulnerability and poor health outcomes often are overloaded with fast food and other establishments where unhealthy food is sold.
- 3. Access to Mental, Behavioral, and Substance Abuse Services** The third highest priority significant health need was access to mental, behavioral, and substance abuse services. Individual health and well-being are inseparable from individual mental and emotional outlook. Coping with daily life stressors is challenging for many people, especially when other social, familial, and economic challenges also occur. Adequate access to mental, behavioral, and substance abuse services help community members to obtain additional support when needed.
- 4. Access to Specialty Care** The fourth highest priority significant health need for RH/SSHNV Communities of Concern was access to specialty care. Specialty care services are those devoted to a particular branch of medicine and focus on the treatment of a particular disease. Primary and specialty care go hand-in-hand, and without access to specialists such as endocrinologists, cardiologists, and gastroenterologists community residents are often left to manage chronic diseases such as diabetes and high blood pressure on their own.
- 5. Access to Health Education and Health Literacy** The fifth highest priority significant health need was access to health education and health literacy. Knowledge is important for individual health and well-being, and health education interventions are powerful tools to improve community health. When community residents lack adequate information on how to prevent, manage, and control their health conditions, those conditions tend to worsen. Health education around infectious disease control (e.g. STI prevention, influenza shots) and intensive health promotion and education strategies around the management of chronic diseases (e.g. diabetes, hypertension, obesity, and heart disease) are important for community health improvement.
- 6. Access to Transportation and Mobility** The sixth highest priority significant health need for RH/SSHNV Communities of Concern was access to transportation and mobility. Having access to transportation services to support individual mobility is a necessity of daily life. Without transportation, individuals struggle to attain their basic needs, including those that promote and support a healthy life.
- 7. Additional Identified Health Need** Collaboration and Coordination among Community Services and Programs When community health needs are viewed from a requisite perspective, or those things required to improve the health of the community, the idea that enhanced collaboration and coordination among organizations, programs, and services would lead to better health outcomes for community residents appears logical. All but one key informant identified this as a priority health need for the RH/SSHNV HSA.

VI Interventions



Rideout Health Has Chosen to Address the following Health Needs Through the Intervention Resources and Programs Identified Below

1. **Access to Quality Primary Care Health Services and Prescription Drugs Rideout Health Clinic continues to recruit primary care physicians and employs PA's to help with patient load.**

Meds to Beds – Rideout Health is among many hospitals nationwide that has begun a “Meds-to-beds” program, in which prescription drugs are given directly to patients just before they are sent home from the hospital or emergency room. This serves as a convenience and in some cases assurance that patients receive the medications necessary to complete treatment or to treat chronic medical conditions. Because hospital pharmacies can bill only for medications used on the premises, drugs that will be used at home must come from outpatient pharmacies. Rideout Regional Hospital partners with the Medicine Shoppe Pharmacy for both discharge counseling and dispensing. The Pharmacy Plan includes: Managed Medicaid plan formularies to ensure that patients can fill medications at low cost, in addition to all other pharmacy plans. In some situations, when patients met financial criteria the medications are paid by Rideout Regional Medical Center. YTD numbers for 340B Charity Care outreach: 79 Patients – \$22,329.21 of drugs received at cost to patients (cost of drugs with no markup)

A Street Nursing Program has been initiated by the hospital as homelessness is a growing problem nearing an epidemic level in Yuba and Sutter Counties. Well over 1,000 people are living in tents or in cars near our river's edge. And, many people are nearing the end of their resources and are about to become homeless. A group of RN's have begun meeting with a variety of different demographics – from old to young, from single to families, to gather information which will help further develop the new program. When the program is fully developed, RNs will be coming out to the streets with backpacks full of basic medical supplies and information to serve the homeless population. Ultimately, tele-health will be offered at the campsites and assistance will be made to get people into shelters. By going after some of these larger social issues, we believe Rideout can also impact the health of the community as a whole.

2. **Access to Affordable, Healthy Food**

Food Insecurity Program – Food insecurity is not only a national issue but a state and local problem. In California, one in ten people are food insecure. Food insecurity triggers behaviors that exacerbate poor health and lifestyles. Research connects food insecurity with chronic disease, hospitalizations, poor disease management, developmental and mental health problems. All of this leads to an increase in health care spending.

Rideout Health has initiated a food insecurity screening process for all inpatients. Patients are screened upon admission by the case managers. If identified with food insecurity, a referral is submitted to the local Yuba-Sutter Food Bank where the volunteers gather a three-day supply of specific food for each patient. This food is boxed and ready for the patient upon discharge from the hospital. Since the program began, 318 referrals to the Y-S Food Bank and/or church food pantries have been made. In addition, Rideout's commitment to this partnership with the Y-S Food Bank includes volunteering at the Food Bank warehouse once a month and sponsoring food drives. As a result of the past three food drives, Rideout associates have generously donated 2,050 pounds of non-perishable food to the Yuba Sutter Food Bank.

3. **Access to Mental, Behavioral, and Substance Abuse Services**

The Behavioral Health Collaborative – Recognizing the impact of patients placed on involuntary psychiatric holds being sent to the emergency department, Rideout Health came up with a new innovative way to care for the behavioral health patient waiting in their emergency department. The goal was to deliver the highest quality care for the psychiatric patient while they

were in the emergency department. Realizing the county would be closing their involuntary psychiatric services, Rideout worked collaboratively with the county and agreed to imbed county paid crisis counselors in the emergency department 24 hours a day. Using tele-psychiatry services and clear clinical pathways the team worked together to see 100 percent of the patients with a behavioral health diagnosis. Medications are started or resumed, safety plans designed, and follow up appointments are arranged by the team. As a team, the county and hospital have created a process to provide high quality care to the psychiatric patient in the ED. The Behavioral Health Collaborative have seen 1898 behavioral health patient visits last year. By working together, we have safely discharged back into our community approximately 50% of the patients seen. This ability to discharge patient's home is made possible through the creation of a robust safety program and discharge plans by our county worker's and tele-psychiatry services. Every patient receives true psychiatric care while they are in the ED and this includes the same type of assessment, medication recommendations, and discharge and safety plans performed by behavioral health experts.

Additional Mental Health and Substance Abuse Services

- Rideout Health sponsors free Tobacco Cessation classes monthly for the public
- Rideout Health continues to support the local Trauma Intervention Program (TIP), where trained citizens offer emotional and practical support to victims, their family members, friends and bystanders at 911 emergency calls
- Rideout Health aided the Rideout Emergency Department Sexual Assault Response Team (SART) by providing equipment and training to help women and children of sexual assault crimes
- Rideout Health provided meeting space to host Sutter-Yuba Network of Care and Mental Health Services training on Suicide Prevention and Aggression Replacement
- Grief Support Group and Community Health Education Class: Dealing with Grief During the Holidays

4. Access to Specialty Care

Rideout Health Clinics has opened, enhanced or added new specialty care physicians to our clinics. These new physicians now provide patient care at: Rideout Interventional Cardiology Clinic, Rideout Women's Health Clinic, Rideout Vascular Clinic, Rideout Orthopedics Clinic, Rideout Primary Care Clinic, Rideout Urology Clinic and Rideout General and Bariatric Surgery Clinic. *(a list of new physicians can be provided at your request).*

5. Access to Health Education and Health Literacy

Community Health Education resources focusing on wellness and prevention were provided to individuals who represent patients, the underserved and broader communities. Our free Community Health Education Classes include:

- **Tobacco Cessation Classes:** A free four-part-session series entitled Clean Break is offered monthly for tobacco users to learn behavior modification to maintain a tobacco-free lifestyle
- **Cancer Programs:** Rideout offers a variety of support groups and therapy sessions for cancer patients and their caregivers
- **Outpatient Cardiac Rehabilitation:** A three-month monitored exercise and formal education program for a patient's recovery from coronary illness
- **Diabetes Classes:** Topics include: An Overview of Diabetes; Healthy Food Choices; Physical Activity; Blood Glucose Monitoring; Medications; Complications of Diabetes; Sick Day Management; Self-Care Behaviors Healthy Eating and Nutrition
- **Childbirth Education:** Childbirth and Breastfeeding Preparation held bi-monthly. Mothers-to-be who are in their first and second trimester. Topics include normal breastfeeding (how to and why to), discomforts of pregnancy, comfort measures, body changes, nutrition and more. Maternity Department Tours are scheduled monthly and are designed to familiarize mothers-to-be and their families with the labor and delivery nursery and post-partum units.
- **Rideout Healthy Kids:** For youngsters we offer, our free Rideout Healthy Kids School Assemblies for K-8th grade students in Yuba, Sutter and Colusa counties. This program provides health education to elementary and middle school children in an interactive musical theater performance. Since Spring 2014, Rideout Healthy Kids has performed every fall and spring in 10 tours, over 175 performances for over 65,000 students, faculty, staff and community members at public and private schools, community health fairs and other events, service clubs, banquets and many other community activities, bringing the message of good health, wellness and encouragement to audiences young and old.
- **Stop-the-Bleed®:** A national awareness campaign was established and has been cultivating grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. The Rideout Trauma Team members led by Dr. Amir Amiri, Trauma Medical Director, held six sessions over 2 days at the Yuba County Government Center where they instructed 200+ Yuba County government officials and staff members. The Trauma Team has also presented classes at several locations in Yuba and Sutter counties including Wheatland Union High School, Yuba College, Lindhurst High School and to ROP Students and educated many Rideout Hospital staff members. 541 people have been educated since Sept 2017

Trauma Intervention Program:

- Rideout Health supports the Trauma Intervention Program education to train local volunteers working with traumatized victims

California Highway Patrol Safe Senior Driving:

- Rideout Health supports Safe Senior Driving through California Highway Patrol Safe Senior Driving program
- Rideout Health continues to provide translation of vital written material in Spanish, Punjabi and Hmong languages, including drug- testing consent, home care consent, information for women on caring for their newborn, breast self-exams and mammography
- Rideout Health Teen Leadership Council (TLC): Thirty-nine area high school students from eight surrounding high schools are recruited to attend the TLC, a 12 month program designed to engage young adults who have demonstrated outstanding leadership skills and a strong desire to make a difference in our community and healthcare.

6. Access to Transportation and Mobility

The Rideout Health Foundation assists cancer center patients, senior care and other patients with transportation needs and more by providing provisions such as gas cards, bus passes and food cards to help indigent or low income patients with their travel needs. A new passenger van was recently donated to Rideout Health by the Geweke Caring for Women Foundation. The new van soon will offer patients free transportation to and from the hospital and the cancer center.

7. Collaboration and Corrination Among Community Services and Programs

Rideout Health coordinates with the Sutter and Yuba County Health agencies and local low-income health providers to distribute health information and assist with health services including a no cost/low cost directory which publishes in the local newspaper and is made available at Sutter and Yuba County Public Health.

Additional Collaborations:

- **SART Program:** Rideout Health aids the Rideout Emergency Department Sexual Assault Response Team (SART) for equipment and training to help women of assault crimes. Rideout Health collaborates with law enforcement and Women's Advocacy Groups to establish the Yuba Sutter Sexual Assault Response Team
- **TIP Program:** Rideout Health provided support to train volunteers for a Trauma Intervention Program (TIP). This program has more than 25 local citizens who provide comfort and support to those in distress.
- **Rideout Health representatives are Active in Community:** Groups, committees and collaboratives, including United Way, American Cancer Society, American Red Cross Northeastern California, Sutter and Yuba County Public Health, Yuba-Sutter Chamber of Commerce, Cancer Care Network, Yuba Sutter Homeless Consortium and UC Davis Health System, among others. These committees and programs, along with our dedicated Board of Directors, set the pace for assessing the communities' needs in regard to health care.

VII

Health and Service Line Related Community Education



Cancer Community Education

- Patient & Family Advisory Council – New Goals to Improve Patient Care (Quarterly)
- Chemotherapy & You Class for New Chemotherapy Patients (Every Tuesday)
- Wellness Center, providing yoga, art and writing expression (Every Friday)
- Cancer Support Group (Every Thursday)
- Cancer Grief Support Group (Every Thursday)
- Wellness Center, Look Good Feel Good (Every Other Month)
- Survivorship Program for patients after they have completed their course of treatment
- Information at Senior Health Fairs
- Peer Navigator Program

Senior Community Education

Our Senior Living campus includes The Fountains, Skilled Nursing and Physical Rehab Center; The Courtyard, Assisted Living and The Gardens, Assisted Living Memory Care and Adult Day Program for seniors with memory care needs. Outreach:

- Participates in local Senior Health Fairs and community events and provides free health screenings and healthcare information wherever and whenever possible
- Directors present Senior Health topics to regional service groups and organizations
- Participates in and monetarily supports the Alzheimer Association's Walk to End Alzheimer's
- Provides a "Community Resources for Seniors" handbook to senior citizens
- Hosts important senior health classes to patients and residents

Emergency Department, Trauma and Stroke Team Community Education

- Every 15 minutes, drunk driving education for local high schools
- Extreme Sports: Promoting Helmet Safety in conjunction with local Motor Cross tracks
- Helmet Safety at Yuba City Skate Park with local law enforcement
- Bicycle Rodeo; Trauma Dept works with local law enforcement
- Fall Prevention Week in September: "Stay Independent" to local care homes
- Senior Resource Fair (November)
- Stop the Bleed: 541 people have been educated since Sept 2017
- Trauma Awareness Month in May
- Peach Festival: Trauma education and fall prevention information
- United Way Resource Fair
- Summer Stroll: Trauma education and fall prevention information
- Trauma Symposium: For local EMS agency and Rideout Health staff
- Car Seat Safety at festivals, fairs and children's rodeos
- Health Updates: Radio
- MCI Bus Crash in conjunction with Disaster Preparedness
- Beale Air Force Base: Plane Crash/MCI
- Hospital Representative at Trauma Intervention Program (TIP) Training
- Active Shooter Drill at Beale Air Force Base
- Shared Stroke Awareness via radio, newspaper, flyers, internal and external messaging and signage

VIII Support For Community Organizations



Rideout Health provided \$31,450 in financial support and additional in-kind support to other organizations dedicated to improving the health of the community. Some of the organizations we sponsored, attended or participated in planning are listed as follows:

Community Support – Sponsorships and Donations FY 2017-2018

- Yuba Sutter Gold Sox
- Live Oak Festival
- Alzheimer's Association: Sponsor-2017 Yuba City Walk to End Alzheimers
- Early Risers Kiwanis Club
- Rotary Club of Marysville
- Flying U Rodeo: Sponsor-First Aid Booth
- Beale Military Liaison Committee: Sponsor-Annual Golf Tournament
- Sutter Health: Sponsor-Swing into Health Golf Tournament
- Regional Emergency Shelter Team
- Msvl. Police Officers Assoc.: Sponosr-Golf Tournament
- Arboga Elementary School: PTSO Jog-A-Thon
- Yuba Sutter Diabetes Support Group & Resource Center: Sponsor Luminaries for World Diabetes Day
- Geweke's Caring for Women Foundation: Sponsor - Pink October Activities
- Trauma Intervention Program: Platinum Sponsor - Program Support
- Hands of Hope: Sponsor-Turkey Trot
- Soroptimist International Msvl/YC: Sponsor-An Affair of the Heart
- Rotary Club of Yuba City: Sponsor-Crab Feed
- Yuba City Education Foundation: Sponsor-Have a Heart for Kids 5k
- Mary Aaron Memorial Museum: Sponsor-Marysville Historical Faire
- Yuba Sutter Diabetes Support Group & Resource Center: Sponsor-Bike Around the Buttes
- JDE Booster Club: Sponsor- Team JDE, A Dancer's Mosaic
- Blue Star Moms of America: Sponsor- Tri Counties Package Event
- American Cancer Society: Relay for Life of Yuba City
- Operation Beale Warm Heart: Sponsor-Air and Space Expo
- Kiwanis Club of Marysville: Sponsor-Youth Fishing Derby (Hooked on fishing not drugs)
- Family SOUP: Sponsor- Bistro in the Buttes
- Punjabi American Heritage Society: Sponsor-Punjabi American Festival

Community Outreach Activities

Rideout Health participates in community events and offers healthcare educational materials, free health screenings and healthcare profession-als to answer questions based on their area of expertise. Participation included activities at many local community events, speaking engagements featuring health care professionals at the local membership organizations including Rotary clubs, senior citizens clubs, Soroptimist Marysville-Yuba City, Chamber of Commerce Business Connection, Senior Fairs, Punjabi-American Festival, Bok Kai Parade and as guests on local radio talk shows throughout FY 2017/18.

General Outreach

- Colusa Casino Resort Golf Tournament: Physical Therapists provided stretching and mobility
- Sutter Health Golf Tournament provided Vial of Life information and giveaways
- Provided information on free community health education, giveaways, screenings and health service information at community events: Prestige Health Fair, United Way Resource Fair, Punjabi American Fest. and the Yuba City Summer Stroll

- Rideout Health Nurse Educator conducted a clinical tour at Rideout Hospital for River Valley High School students that are in the Certified Nurse Assistant class
- Rideout Health Nutrition Services provided good nutrition information in the café during National Nutrition Month.

Seniors

- Walk to End Alzheimer's: Rideout Senior Services Booth provided health education
- Senior Living Van participated in Veteran's Day Parade in Marysville
- Rideout Hospital Auxiliary assembles Vial of Life packets for senior citizens and community members. The completed packets assist first responders with vital information on medications and medical history

Cancer

- Cancer Center Van participated in the Marysville Christmas Parade
- Pink October Race For Awareness: Provided survivor gifts and cancer education literature
- Pink October Scramble For A Cure: Booth provided breast cancer education materials
- Happy Landings: Provided a welcome gift for new families at Beale AFB
- Rideout Cancer Center: Participated in the Colusa Casino Resort Health Fair

Mother Baby

- Sweet Success and Maternity Nurses attended Calif. Legal Rural Assistance Health Fair
- Maternity Department: Rideout's Lactation Consultant and Nurses participated in the Yuba, Sutter and Colusa County Baby Fairs to promote breastfeeding, free maternity classes and facilitate questions about Rideout Hospital's maternity services.
- Rideout Health provided a free "Baby Fair" providing information on childbearing, child safety, breastfeeding and more
- The Food Insecurity Program Food Bank assistance

Heart

- An Affair of the Heart: Women's Heart Health Awareness Educational Event

Domestic Abuse

- Rideout Health provided temporary shelter for Casa de Esperanza, an organization that provides protection and education for victims of domestic violence and their children

The Rideout Hospital Auxiliary provided more than 15,000 hours of volunteer services at Rideout Memorial Hospital in Fiscal Year 2017-18. The Auxiliary renders service to the hospital, patients and families. Since 1958, the Rideout Memorial Hospital Auxiliary members have served more than 835,735 volunteer hours. The Auxiliaries' various fundraising efforts throughout the year enable them to fund scholarship awards, help purchase needed equipment and fund programs for Rideout Health.

Other volunteer groups that render service include associates from the Rideout Cancer Center, Rideout Senior Services, Rideout Emergency Department, Rideout Hospital Greeters, Rideout Health Board of Directors and the Rideout Health Foundation Board of Directors and associated committee members.

Additionally, members of the hospital's leadership and management teams volunteer significant time and expertise as board members of nonprofit health care organizations and civic and service agencies, such as:

- American Cancer Society
- Beale Air Force Base Community Council
- Honorary Beale Air Force Base Commander
- Make A Wish Foundation
- Rotary, Kiwanis and Soroptimist Civic Clubs
- TIP Program Volunteers
- Yuba Sutter Chamber of Commerce
- Yuba-Sutter Homeless Consortium
- A variety of Rideout Health employees volunteer at local schools, participate as guest speakers or lecturers at schools relating to health topics and career opportunities
- E Center Board of Directors - Head Start
- Healthy Kids Health Board
- Pink October / Breast Cancer Awareness
- Sutter County Chronic Disease Prevention
- Yuba City Downtown Business Association
- Yuba Sutter Economic Development Corp.
- Alzheimer's Association: Walk to End Alzheimer's

Free Conference Room Use:

- Rideout Health provides meeting rooms for the following community support groups: Grief Support; Yuba-Sutter Children's Type 1 Diabetes Support and Cancer Support Groups; TOPS (Take Off Pounds Sensibly); Tri-Counties Breastfeeding Alliance Seminar: Clinical Aspects of Substance Use & Abuse in Pregnancy and Beyond; Valley Quilt Guild Meetings and Classes; AAUW Meetings; California Highway Patrol: Safe Senior Driving Program
- Rideout Health provides meeting rooms for the following service organizations and educators: Kiwanis, United Way, Yuba College, American Cancer Society, Yuba-Sutter Chamber of Commerce, Family SOUP, Rideout Hospital Auxiliary meetings.
- Rideout Health provided meeting space to host programs offered by the California Highway Patrol and Sutter County Mental Health

IX Recruitment Efforts



Nurse Recruitment

We participate in several programs partnering with local and regional education institutions for alumni recruitment and internship opportunities, as well as partnering with external specialty recruiting firms. Some additional efforts include:

- Local career fairs
- High school career fairs
- Rideout Health RN Career Fair
- Local and National advertising efforts directed through a healthcare marketing firm
- Social Media advertising targeting clinical/healthcare professionals
- Specific targeted ad's on a variety of association or membership sites
- In 2017, the Rideout Health Foundation approved \$2,000 in loans to employees enrolled in a nursing program or other hard-to-fill health professions, the loan is forgiven if the employee remains an employee for a period of two years (full-time equivalent) in the position they are going to school for. Additionally, \$9,000 in scholarships was awarded to area high school seniors and college students pursuing a career in healthcare.
- In 2018, \$20,500 in scholarships was awarded to area high school seniors and college students pursuing a career in healthcare.

Physician Recruitment

In an effort to always strive towards our mission to provide superior healthcare to everyone in our community, we continue to recruit physicians in areas of great need. Some areas of focus have included Critical Care, Primary Care and Specialty care. Additional medical practices allow health care access to all patients including those patients with Medi-Cal or without insurance. Remote services for Tele-neurology and Tele-radiology continue to ensure 24/7/365 coverage. *(A list of these physicians can be provided upon request).*

Education & Training: Medical Staff Education

Rideout challenges itself to be a catalyst, advocate for, and a provider of education that promotes change, development and improvement.

Our CME program sees its purpose as providing high quality, evidence-based educational opportunities that are designed to advance physician competence, enhance practice performance, promote patient safety and, wherever possible, improve patient outcomes in the populations served by our physicians and healthcare providers. We seek to serve not only the educational needs of healthcare professionals with privileges at Rideout Health but the needs of other local and regional providers as well.

As an acute-care facility, our educational activities include department-specific and specialty-specific conferences and symposia. These events take the form of live courses and live regularly scheduled series. The educational design, instructional method and learning format for each event is chosen to best serve the educational needs and learning objectives of the planned educational activity. Methods for each activity will depend upon the identified need. They will include but not be limited to didactic lectures, workshops and panel discussions which include attendee interaction and case presentations.

Included among our educational offerings are updates in clinical medicine and basic scientific research and reviews of current or best practice recommendations for clinical care.